

## Reduce your risk of Rocky Mountain spotted fever!

Limiting exposure to ticks is the most effective way to reduce the likelihood of Rocky Mountain spotted fever infection. Prompt careful inspection and removal of ticks is an important method of preventing disease. Other steps to reduce the risk of infection include the following:

- Wear light-colored clothing to allow you to see crawling ticks.
- Tuck your pant legs into your socks so that ticks cannot enter.
- Apply repellants to discourage tick attachment. Repellents containing permethrin can be sprayed on boots and clothing. Repellents containing DEET (n, n-diethyl-m-toluamide) can be applied to the skin, but will last only a few hours.
- Conduct a body check upon return from potentially tick-infested areas by searching your entire body for ticks. Use a hand-held or full-length mirror to view all parts of your body. Remove any tick you find.
- Parents should check their children for ticks, especially in the hair, daily and when returning from potentially tick-infested areas. Ticks may be carried into the household on clothing and pets. Both should be examined carefully.



Ticks transmit RMSF

FIGURE. Child with Rocky Mountain spotted fever has the rash that is characteristic but typically does not appear until several days after fever onset



Photo/CDC

## Tick Checks Save Lives